

## Pumpkin Pie Smoothie

- 1 Banana, frozen
- ½ cup pumpkin puree (not pie filling)
- ¼ cup milk of choice (skim, low-fat, almond, etc.)
- 6 oz. vanilla yogurt
- 5-6 ice cubes
- 1 tsp. maple syrup (or sweetener of choice)
- ¼ tsp. nutmeg
- ½ tsp. cinnamon
- Whipped cream to top (optional)



### Instructions:

Combine all ingredients in a blender and blend until smooth. Add more ice or liquid to get to desired thickness.

Serves 1

### Nutrition Facts (for entire recipe):

Calories: 325  
Protein: 19g  
Carbohydrates: 59g  
Fat: 1g

Try this smooth and creamy pumpkin pie in a glass for a fall treat! Enjoy the flavors of fall time without all of the added sugars in a delicious breakfast or snack smoothie. Canned pumpkin is a great source of vitamin K (over half of your daily needs) and provides fiber and even some protein to keep you feeling fuller longer.

## Gingerbread Smoothie

- ½ tsp. ground ginger
- 1 cup vanilla almond milk
- 1/3 cup rolled oats
- 1 tbsp. molasses (or substitute maple syrup)
- ¼ tsp. each of cloves & nutmeg
- ½ tsp. vanilla extract
- ½ tsp. cinnamon
- 5-6 ice cubes



### Instructions:

Combine all ingredients in a blender and blend until smooth. Add more ice or liquid to get to desired thickness.

Serves 1

### Nutrition Facts (for entire recipe):

Calories: 220  
Protein: 6g  
Carbohydrates: 50g  
Fat: 4g

This rich and spicy smoothie is a perfect drink transitioning into fall flavors and comfort. Surprisingly, molasses offers a great dose of iron! Iron can be a tough micro-nutrient to get in your diet, especially if you do not eat much meat. In just a tablespoon of molasses, you get close to 25% of the recommended intake of iron!

## Parmesan-Garlic Sweet Potato Chips

- 2 medium sweet potatoes
- 2 tbsp. olive oil
- ¼ tsp. salt
- ½ tsp. garlic powder
- 2 tbsp. grated parmesan cheese
- 2 tsp. cornstarch



### Instructions:

Pre-heat oven to 325 degrees. Line two baking sheets with foil and spray with non-stick cooking spray. Slice sweet potatoes into thin rounds. Add sliced sweet potatoes, cornstarch, olive oil, garlic powder, salt, and parmesan cheese to a zip-loc bag. Shake vigorously and massage so that the sweet potatoes are fully coated. Spread the rounds between the baking sheets in a single layer. Bake for 20 minutes then flip the chips and rotate the pan. Bake for an additional 20 minutes. Rotate the pans again and flip once more. Bake for 10 more minutes (50 total). Once chips are browned and edges look crispy, they are done.

Makes 4 servings

### Nutrition Facts (per serving):

Calories: 154      Carbohydrates: 16g  
Protein: 2g      Fat: 7g

These crispy sweet potato chips are far healthier than their average vending machine counterparts without all the added ingredients and unnecessary sodium. Sweet potatoes offer a good source of Vitamin D, which can become deficient in the winter months!

## Pumpkin Oatmeal Breakfast Muffins

- 1 large egg
- ½ cup pumpkin puree (not pie filling)
- ½ cup milk of choice (skim, low-fat, almond, etc.)
- 1/3 cup brown sugar
- ¼ cup canola oil
- 1 tsp. vanilla extract
- 2 tsp. pumpkin pie spice
- Pinch of salt, optional, to taste
- 3 cups rolled oats
- 2 tsp. baking powder



### Instructions:

Pre-heat oven to 350. Spray a non-stick 12-cup muffin pan with cooking spray. In a large bowl, combine first 8 ingredients above and whisk. Add the oats and baking powder, mix until combined. Evenly distribute batter into muffin pan. Bake for 20 minutes, or until firm. Allow to cool completely before storing in an air tight container, or freeze for later.

Makes 12 muffins

### Nutrition Facts (per muffin):

Calories: 80      Oatmeal offers a slow-digesting, healthy carbohydrate source, which is great for long-lasting energy. Oatmeal also helps to keep your blood sugar level. Healthy carbohydrates should make up the majority of your calories for recovery and energy.  
Protein: 2g  
Carbohydrates: 17g  
Fat: 1g